

# 24 to 28 Weeks of Pregnancy



Refer to pages 39-44, and 95-98 in Your Pregnancy and Childbirth Handbook for more information

## Your Baby

*Interesting Facts:* Your baby responds to noise from the outside. He/she can cry and have hiccups. The eyelids open and close. Lungs are improving so that life outside the womb can be possible.

*Size:* about 14 to 15 inches

*Weight:* 2 to 2 ½ pounds

## Your Body

As your baby gets bigger, there is less and less room for your stomach, and other organs. Heartburn, as well as reflux can start becoming a problem. Constipation may also be a problem. You are generally feeling good and healthy. Your hobbies may include watching your baby kick and move

## Your Visit

We like to schedule this appointment closer to when you are 26 to 28 weeks pregnant. During your appointment, the Healthcare Provider will listen to your baby's heart rate with a doppler, measure your pregnancy with a tape measure, and manually locate your baby's position. You will also receive a test called a one-hour glucola test.

### *What is a one-hour glucola test?*

The one-hour glucola test is used to identify patients who may have diabetes during pregnancy. It is important to have this test because diabetes during pregnancy can be harmful to both mother and baby.

### *What is the process of a one-hour glucola test?*

At the lab, you will receive a very sweet orange beverage that you have to drink over 5 minutes. A blood sample will be taken from you one hour later. You cannot eat, drink, or chew gum until the blood sample is taken. Your results can be given to you shortly after the procedure is taken

### *What if the results are not normal?*

If results are not normal then you will receive instructions and be scheduled for another test called a 3-hour glucose tolerance test.

## Your Responsibility

Keep your prenatal appointments. Make sure your baby has good movement. Keep exercising and eating healthy. Consider taking prenatal classes to prepare you and your partner on the childbirthing experience. It is important to learn as much as you can about childbirth. Those who know most about what to expect during the childbirth experience tend to cope better during their labor. If you are interested in breastfeeding, then it is a good time to go to the library and learn what you can about it.

